



# Early Childhood Mental Health Consultation

Early Childhood Mental Health consultation services are provided by Early Childhood Mental Health Consultants from Denver Health.

The main goal is to support families, adult caregivers, and staff of children between the ages of birth and six (6) years create nurturing environments and relationships that support mental health and wellbeing.

This is created by providing promotion, prevention and evidence-based interventions to foster healthy mental wellbeing and social and emotional development throughout a child's first years of life.



## What is social and emotional development?

Social and emotional development supports a child's ability to understand their emotions and those of others, take control over their behavior, and develop positive relationships.

Contact us: [ecmchc@dhha.org](mailto:ecmchc@dhha.org)



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# Services provided by Denver Health's Early Childhood Mental Health Team

Denver Health provides consultation and support for the teachers, children, and parents of Denver Great Kids Head Start programs.

**Child and Family-Focused Consultation:** A service that is for individual children and families only after receiving a request for consultation by the head start center and caregiver.

We provide the following services as needed:

- Attending school meetings that pertain to this child and family.
- Support the teacher or caregiver in completing and returning DECA-C assessments.
- Provide community resources and strategies for social emotional development.

**Programmatic Consultation Services:** Programmatic Consultation focuses on improving the overall quality of the program.

Examples of how we support programs:

- Train staff and parent (caregivers) on mental health related topics
- Address programmatic issues and/or identify and address program needs
- Design and implement early childhood mental health best practices within the program
- Consult with the director, assistant director, administrative staff

**Classroom-Focused consultation:** Can be requested at any time, with or without child and family-focused referrals present. Consultants will provide classroom-focused consultation after the request for Classroom-Focused Consultation is completed.

The following are some of the services provided:

- Attend collaborative meetings and/or team meetings that pertain to shared classroom goals
- Complete a classroom observation using the CHILD (Climate for Healthy Interactions for Learning & Development). The CHILD provides guidance for establishing mutual goals and seeks to improve the overall mental health climate of the classroom.

**Relationship-Based Reflective Processing (RRP):**

The intent of RRP is to facilitate reduced job-related stress and improve capacity to navigate the emotional challenges of work, while developing reflective skills in Early Childhood Education Staff. Consultants will provide RRP services after the Request for RRP is completed.



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